



Dijon Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast halves boneless skinless
- 0.3 cup dijon mustard
- 1 tablespoon vegetable oil
- 1 tablespoon juice of lemon
- 0.5 teaspoon rosemary dried crumbled
- 0.3 teaspoon pepper
- 8 oz orzo pasta uncooked
- 1 serving parsley fresh chopped

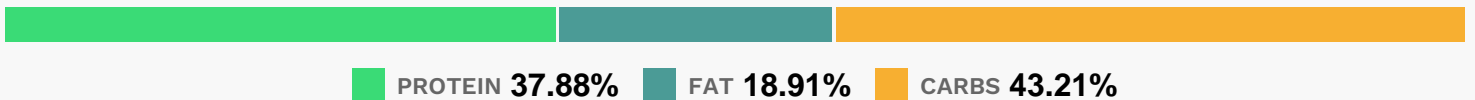
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Spray 11x7-inch glass baking dish with cooking spray.
- Place chicken in baking dish.
- In small bowl, mix remaining ingredients except pasta and parsley.
- Spread mustard mixture over chicken to coat thoroughly.
- Bake uncovered 25 to 30 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Meanwhile, cook and drain pasta as directed on package.
- Garnish chicken with parsley.
- Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:17.1, Inflammation Score:-5, Nutrition Score:21.089999859748%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 413.04kcal (20.65%), Fat: 8.48g (13.04%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 41.01g (14.91%), Sugar: 1.84g (2.04%), Cholesterol: 90.72mg (30.24%), Sodium: 339.65mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.41%), Selenium: 86.5µg (123.57%), Vitamin B3: 15.85mg (79.27%), Vitamin B6: 1.16mg (57.81%), Phosphorus: 422.72mg (42.27%), Manganese: 0.62mg (31.22%), Vitamin B5: 2.32mg (23.22%), Vitamin K: 23.43µg (22.32%), Potassium: 685.43mg (19.58%), Magnesium: 75.34mg (18.84%), Zinc: 1.74mg (11.57%), Vitamin B1: 0.17mg (11.54%), Vitamin B2: 0.19mg (11.05%), Copper: 0.22mg (10.87%), Fiber: 2.56g (10.26%), Iron: 1.59mg (8.84%), Vitamin C: 4.55mg (5.52%), Folate: 19.29µg (4.82%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.68mg (4.52%), Calcium: 31.12mg (3.11%), Vitamin A: 139.11IU (2.78%)